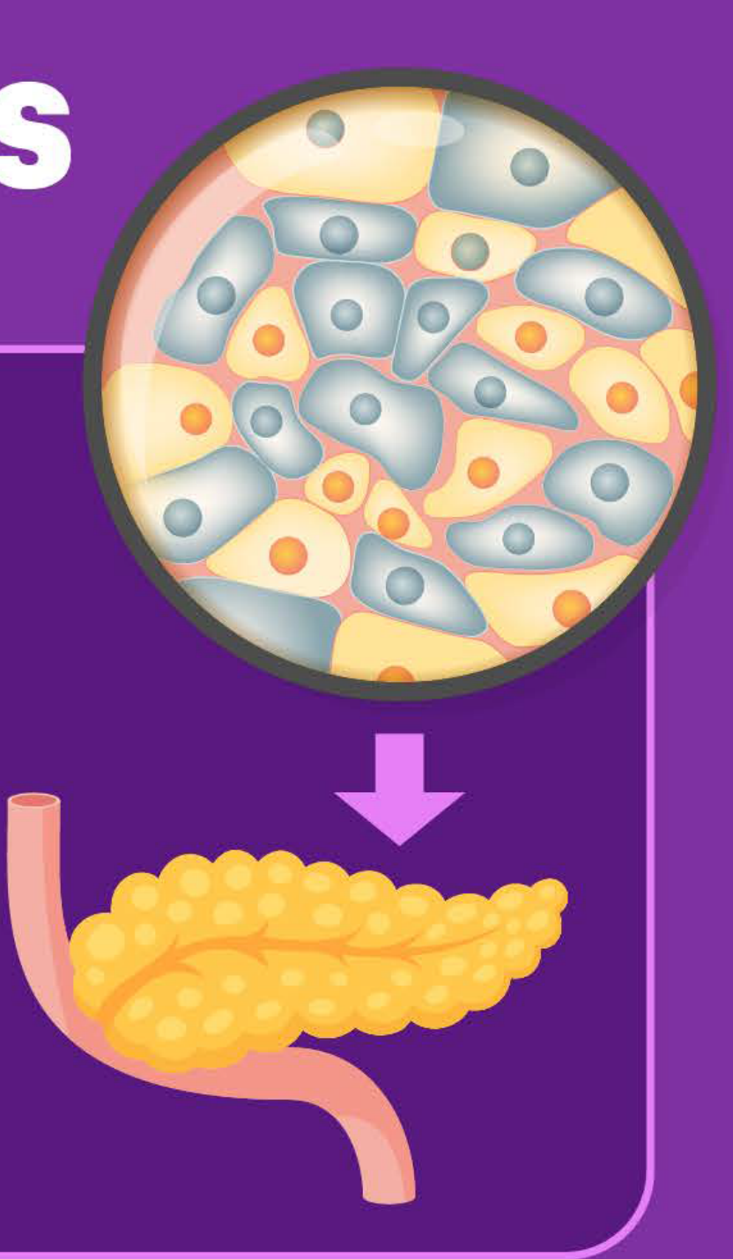
American Association of Clinical Endocrinology

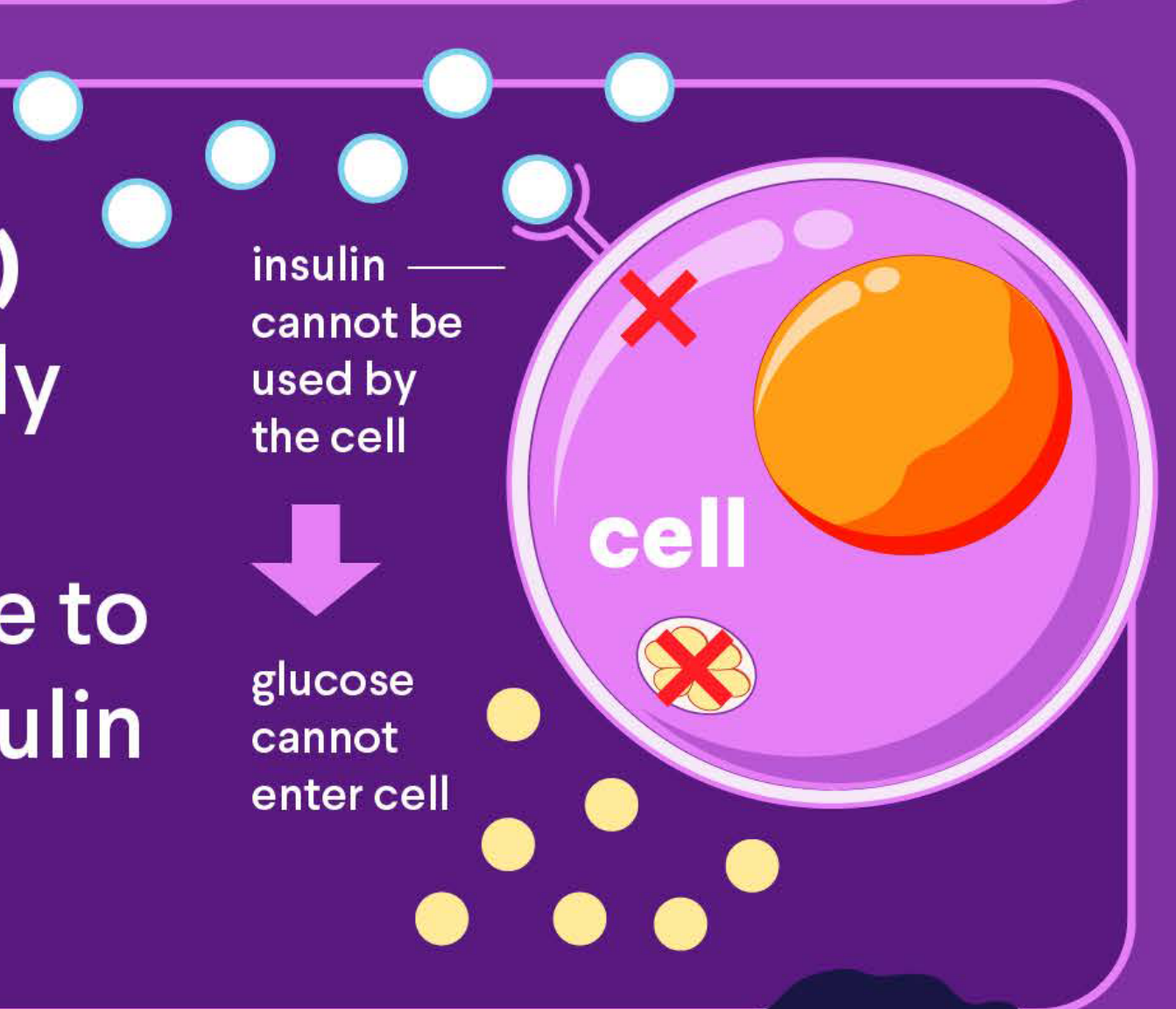
Patient Journey of Diabetes Technology

AACE

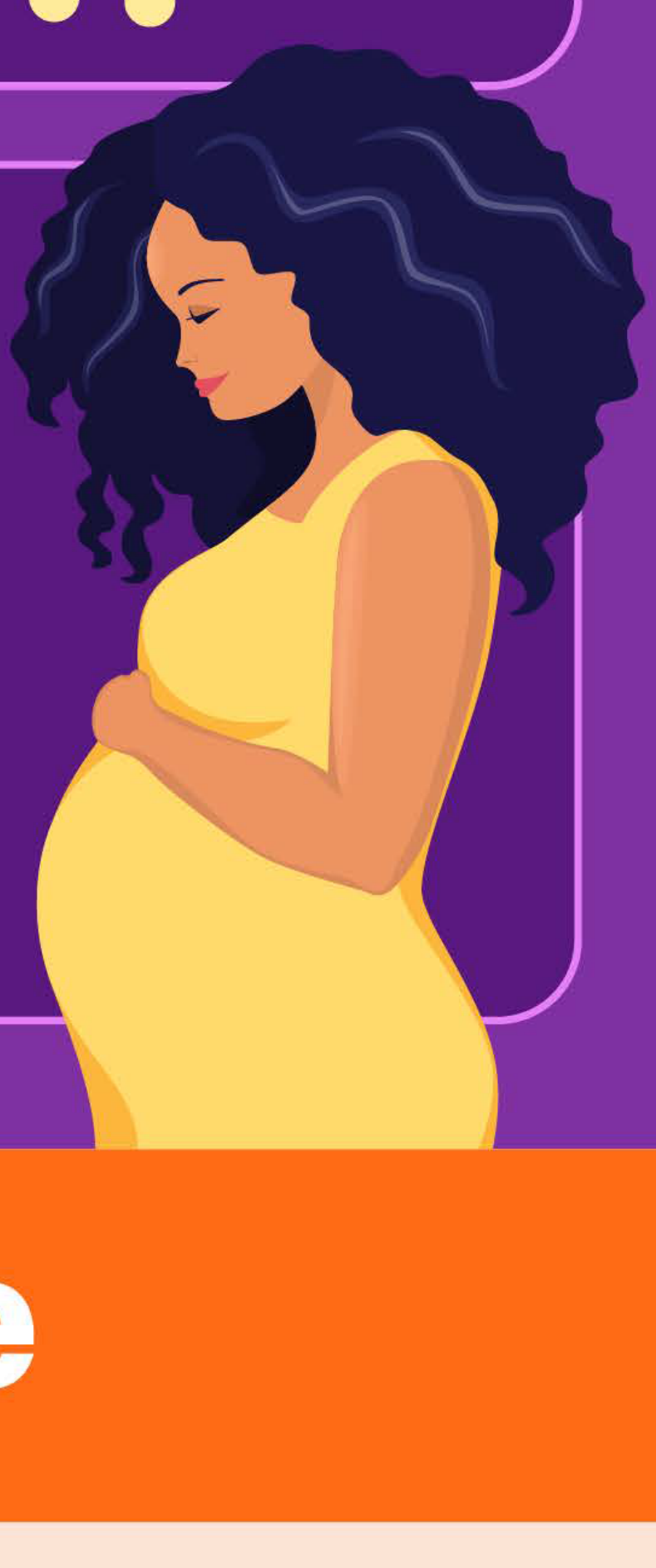
Types of Diabetes



Type 1 diabetes (T1D) develops when the immune system mistakenly destroys the cells in the pancreas that produce insulin. As a result, your body makes little or no insulin.

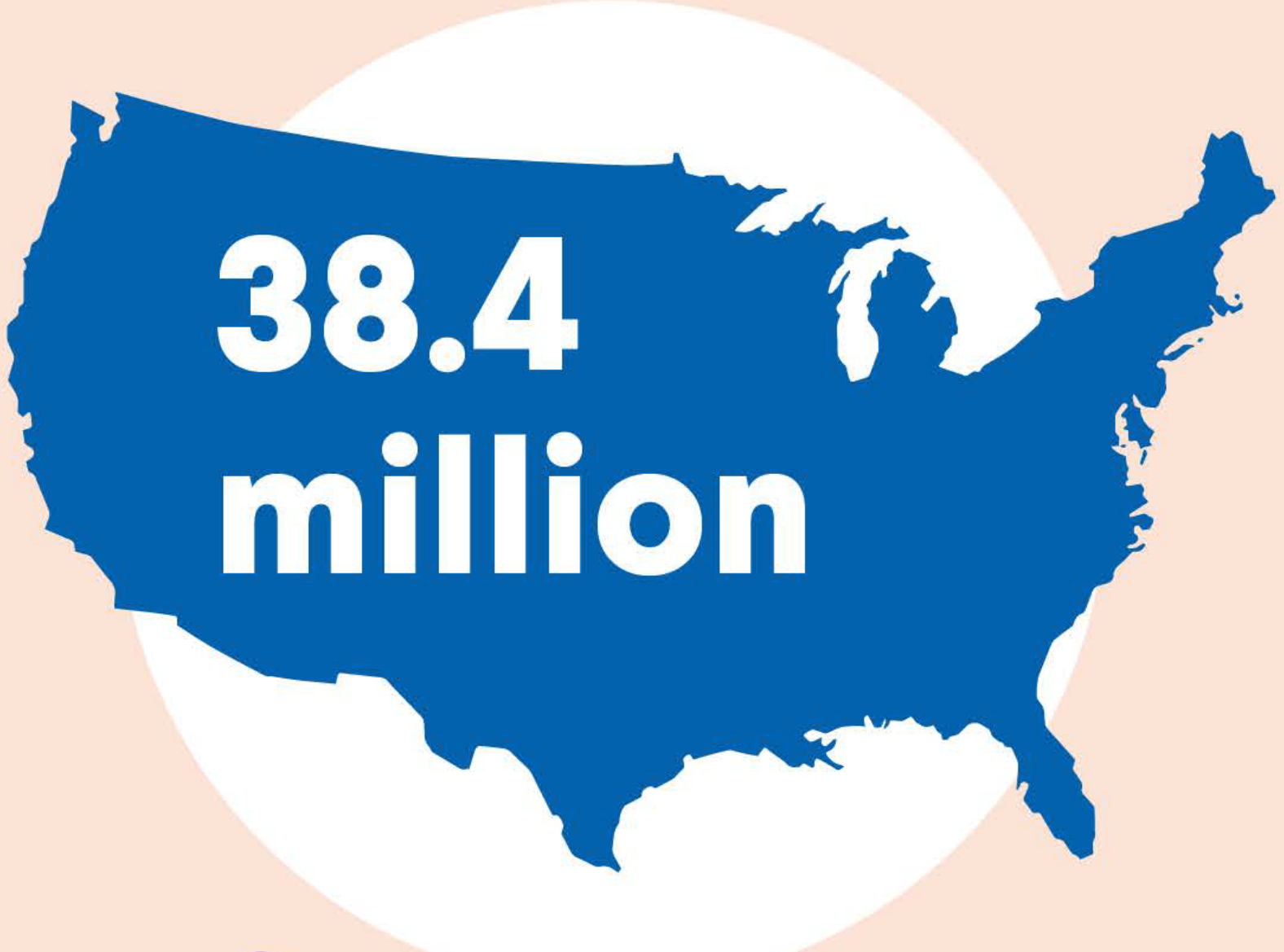


Type 2 diabetes (T2D) occurs when your body cannot make enough insulin and/or is unable to effectively use the insulin in your body's cells.



Gestational diabetes develops during pregnancy. It is caused by the hormones of pregnancy or an insufficient amount of insulin. This type of diabetes usually goes away after pregnancy.

Prevalence



38.4 million

Number of people in the U.S. with diabetes

90–95%

Percentage of people with diabetes who have type 2 diabetes

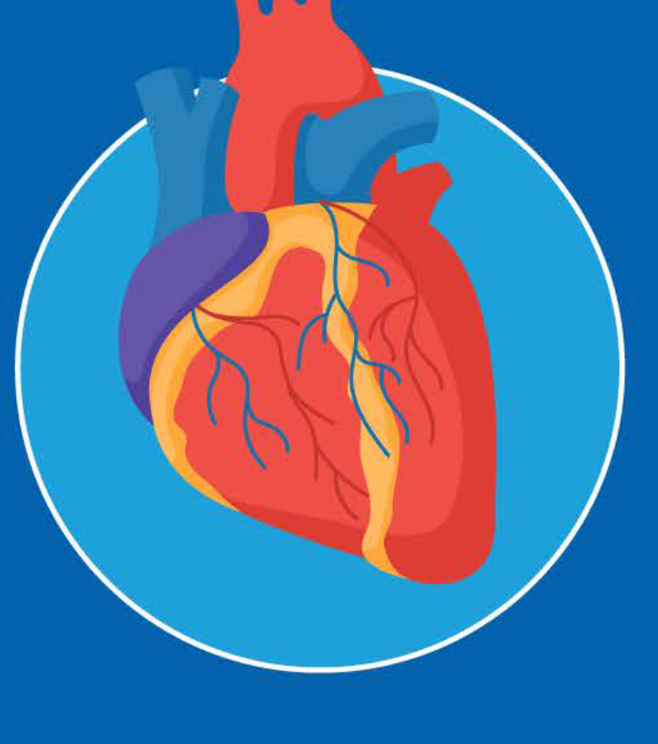
$12,022

Average annual diabetes-related medical expenses incurred by a person in the U.S. with diabetes

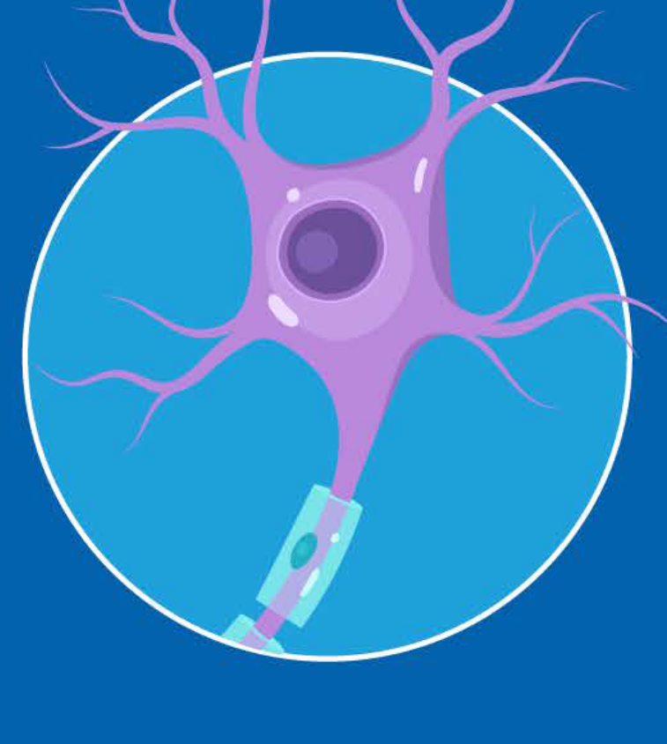
Complications

Blood sugar that's too low (hypoglycemia) or too high (hyperglycemia) over a long period of time can cause a variety of health issues. Possible complications include:

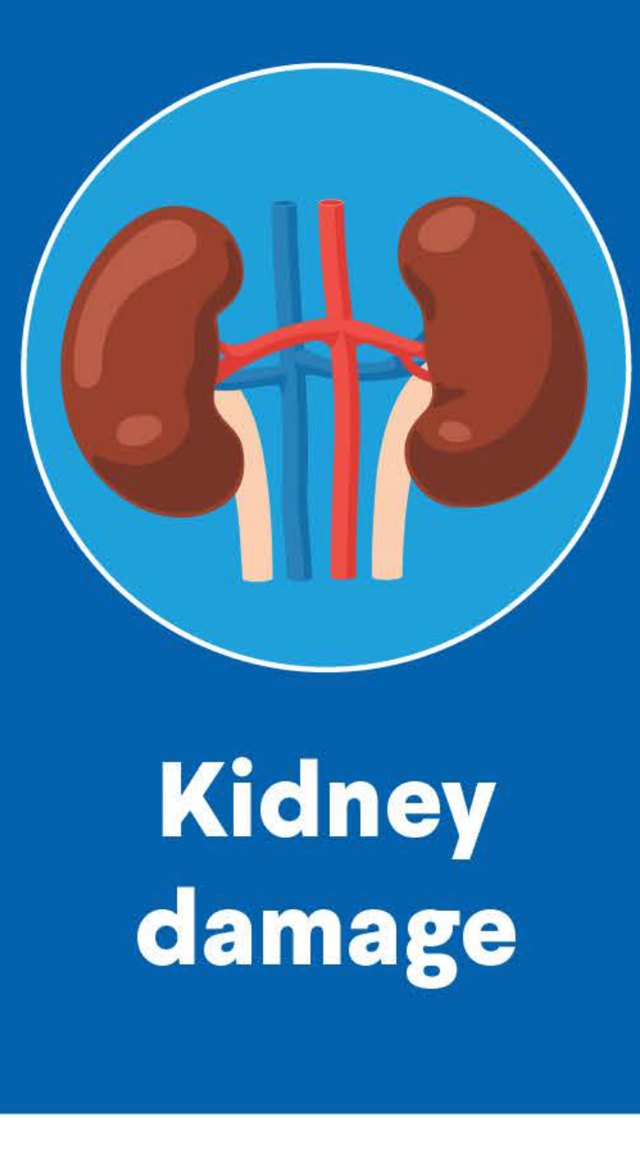
Difficulty thinking



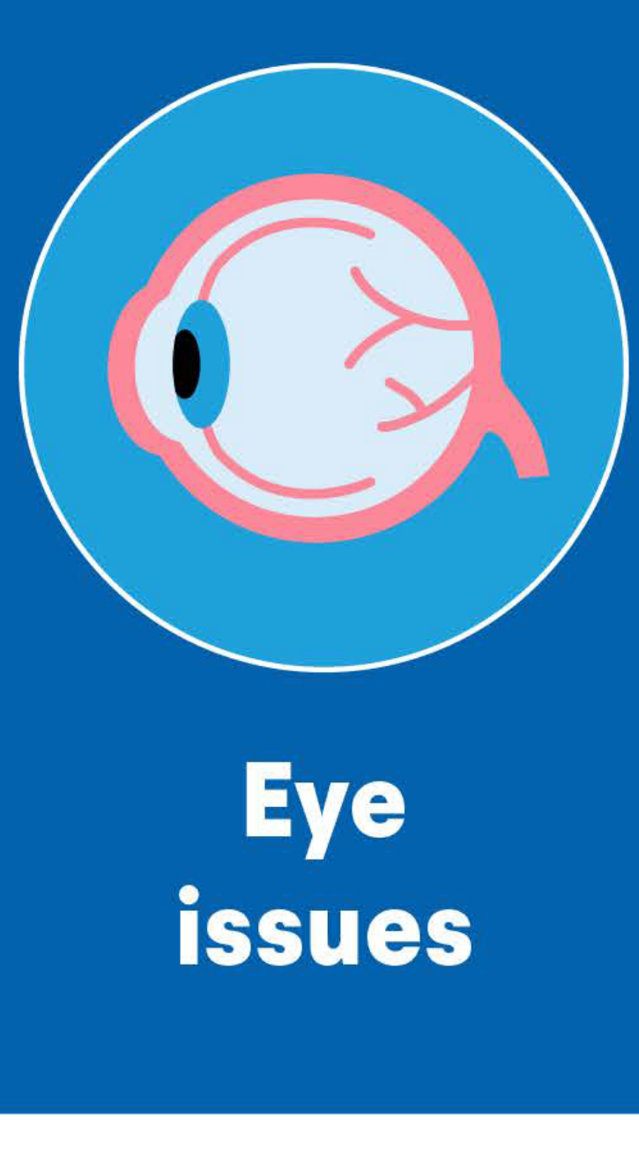
Heart issues



Nerve damage



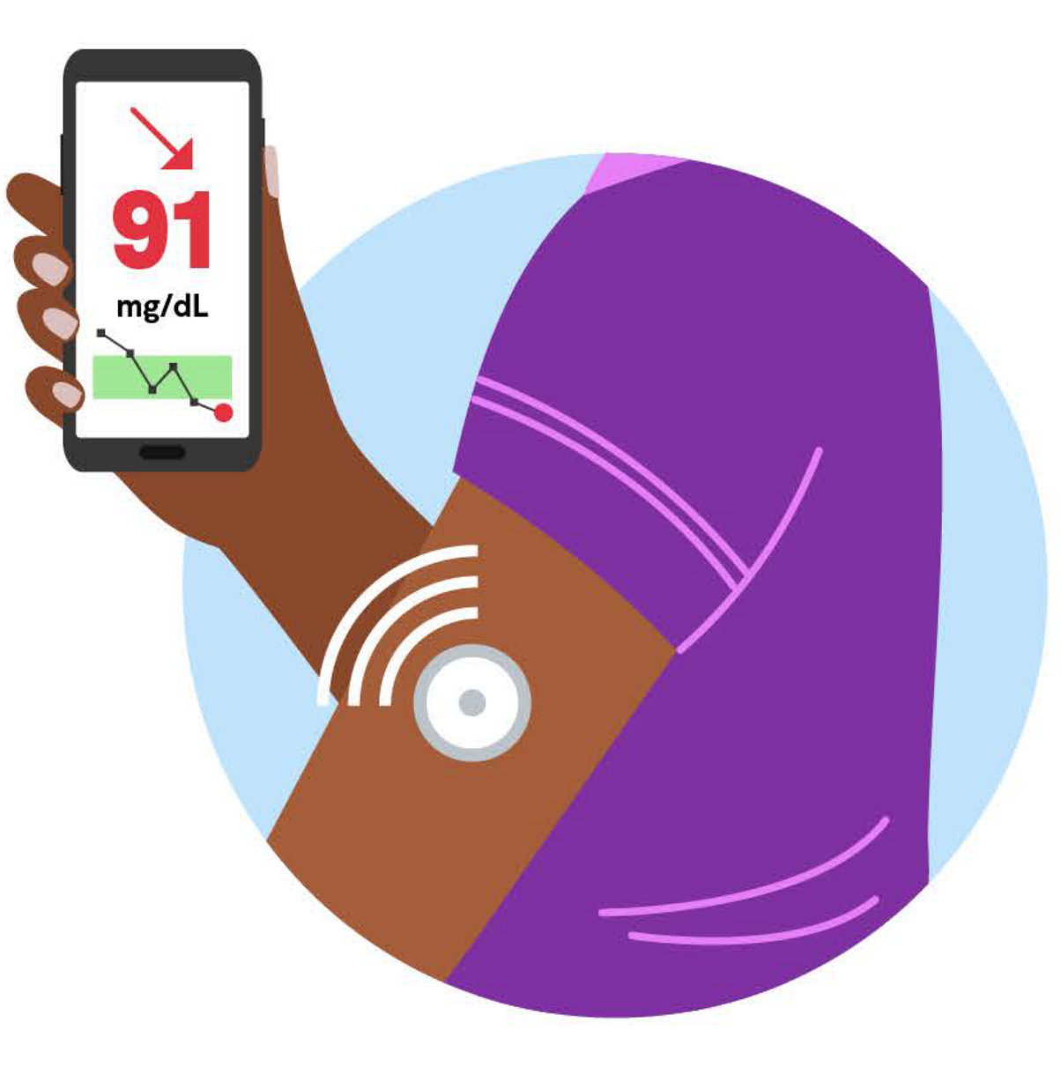
Kidney damage



Eye issues

Diabetes Technology

Managing your diabetes involves using two categories of devices:



Continuous glucose monitors

Insulin delivery devices

T1D: Must take insulin therapy.

T2D: May require insulin therapy if other medications do not effectively manage blood sugar.

Insulin delivery devices and solutions include:

- Syringes
- Insulin pens
- Smart (connected) insulin pens
- Smart (connected) pen caps
- Traditional insulin pumps
- Patch pumps
- Automated insulin delivery (AID) systems
- Inhaled insulin

Benefits of Diabetes Technology

Various types of diabetes technology can:

- ✓ Help prevent your blood sugar from going too low (hypoglycemia) or too high (hyperglycemia).
- ✓ Reduce your risk of diabetes-related complications.
- ✓ Make it easy to track and review your blood sugar levels with your health care professional.
- ✓ Simplify your insulin administration and dosing.
- ✓ Deliver insulin continuously throughout the day and night so you don't have to give yourself multiple injections.
- ✓ Support your lifestyle goals by tracking your diet, activity, and sleep.

You Are Not Alone

An endocrinologist can help evaluate your health, set realistic goals, and develop a personalized diabetes technology treatment plan.

28,000+

health care professionals in the AACE endocrine community are available to support you.

Find endocrine care near you

Visit the

AACE Patient Journey of Diabetes Technology

to explore your diabetes technology options and confidently manage your diabetes journey.

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